



Full Report of the 2017 Healthy Aging Business Meeting

*Held December 11, 2017 in the
Oklahoma City-County Health Department Auditorium*

The Meeting in Brief: This report provides an overview of the 2017 business meeting of the Oklahoma State Department of Health's Healthy Aging: Living Longer Better Collaborative. While the inaugural 2014 Summit was a call to collaborate, the 2016 Summit concluded with the beginnings of action plans for four focus areas: prevent falls, increase physical activity, reduce depression, and improve nutrition among older adults. The 2017 meeting served to strengthen the collective vision, reinvigorate goals, and reach consensus on tactics and actions. The overarching priority of the Collaborative is to increase years of healthy life expectancy for Oklahomans.

Preventing Falls | Reducing Depression | Supporting Healthy Behaviors

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The Meeting in Review

The 2017 business meeting was formatted to share the accomplishments of the focus areas, strengthen the collective vision, analyze progress, refine current goals, discuss potential tactics, and build consensus for future endeavors. Throughout the day, participants were invited to engage with the leaders of the Healthy Aging Collaborative focus areas and deepen their partnerships with other organizations.

The meeting was opened by Deputy Commissioner Dr. Henry Hartsell, Jr., who serves as the healthy aging champion at the Oklahoma State Department of Health. The background slides highlighted the accomplishments of the Healthy Aging Collaborative, while Dr. Hartsell thanked attendees for their dedicated service to provide for older adults. He commended their perseverance in seeking ways to interact and work better together, specifically thanking the key collaborators over the past three years.

Those collaborators include the Oklahoma Healthy Aging Initiative (OHAI), the Oklahoma Mental Health and Aging Coalition (OMHAC), the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), the Oklahoma Department of Human Services (OKDHS), and staff of the Oklahoma State Department of Health (OSDH).

This meeting brought leaders from private and public sectors together to promote healthy aging across a range of disciplines and fields. Since the first Healthy Aging Summit in 2014, when 77 organizations participated, the Collaborative has grown a strong network of approximately 430 individuals from among 160 organizations.

Guiding Principles

The Collaborative continues to advance efforts in three focus areas. To meet these objectives, the Collaborative follows two guiding principles. The first is to develop State plans for each focus area. The second is to utilize evidence-based practices in data driven efforts to execute the State plans so that Oklahomans can live and age well.



The Healthy Aging Challenge is to promote the health of older adults by collaborating across all sectors in Oklahoma.

Due to the efforts of the last three years, the Collaborative is now positioned to engage additional partners and develop new healthy aging champions across sectors and practice settings. With the guiding principles in mind, participants evaluated the specific, measurable goals for each focus area, considered data sources to measure progress, and discussed approaches to expand efforts and include other organizations. After building consensus and securing commitment within each group for preliminary collaborative action plans, the focus areas shared their next steps.

Strengthening the Collective Vision

Strengthening the collective vision of the Collaborative was a key objective of the business meeting. As directed by Ginger Thompson, participants combined their personal purpose statements to develop a concise agenda in small groups. These statements then evolved into a strong vision statement that was approved by the collective.

Oklahoma's challenge is to promote the health of older adults by collaborating across all sectors in Oklahoma. Attendees envisioned meeting that challenge by increasing the number of healthy aging champions among older adults, their caregivers, and in their communities.

The Healthy Aging Collaborative works to create champions among older adults, their caregivers, and in their communities so that Oklahomans can live and age well.

Performance Evaluation

This meeting provided a timely opportunity to critically analyze the progress in promoting the health of older adults. By working in small groups, the participants considered and responded to a set of questions designed to inform future action.

- **How have we affected the number of older adults living well in their communities?**

We have affected older adults positively by: participating in a nutrition grant; including older adult health items in the Certified Healthy Oklahoma application; providing education to public and providers on mental health and fall prevention (including Tai Chi instruction); providing health education in all 77 counties; creating a resource web portal; launching a geriatric telehealth network through the University of Oklahoma, Choctaw Nation, and Variety Care; and, funding and providing fall prevention intervention in nursing homes. However, additional progress has been held back by a lack of resources, funding, and knowledge among the public, providers, and healthy aging collaborators.



- ***How have we rallied support for our network of health partners?***

Support has been given through emailing updates to collaborators about workgroups, developing a communications hub, giving referrals from one collaborator to another for services across settings, sharing vision impairment resources across the state, increasing cross-promotion of resources, and working together to ensure the Older Adult Behavioral Health state plan was adopted across agencies.

- ***What evidence-based strategies have we implemented to increase the number of older adults who are living well in our communities?***

Evidence Based Program (EBP) strategies that have been implemented across sectors are: Standardized fall Risk Assessment tools; Tai Chi Moving for Better Balance; Centers for Disease Control and Prevention (CDC) researched programs; What a Waste Nutrition Program; AARP Home Fit Program; OHAI care giver and mental health trainings; the Question, Persuade, Refer (QPR) Suicide Prevention training; Healthy IDEAS; Mental Health First Aid; Mental Health First Aid for Older Adults; treatment of older persons within Health Homes; treatment of older persons with Substance Use Disorder; Sunbeam Family Services' caregivers program; End of Life Program; and Geospatial data analysis for targeting interventions.

- ***How have we collaborated across disciplines and fields to promote healthy aging?***

Collaborators agreed that they have deepened relationships with those engaged in the workgroups of the Healthy Aging Collaborative. Many have partnered with faith-based and local community organizations, Area Agencies on Aging, tribal governments, public health departments, and healthcare facilities. Several organizations are working across disciplines, but many face the reality of silos within their own organizations. Most attendees agreed that the Healthy Aging Collaborative has helped reduce the distinct separation of activities within their organization by identifying purposeful action steps to achieve the objectives of the Collaborative.

Collaborating to Determine Tactics and Actions

Participants were encouraged to visit four networking stations with the purpose of developing further their existing relationships through shared experiences and perspectives across sectors. This informal dialogue increased collaboration and sparked tactical ideas. Results from the discussions held at the workstations were shared with the group as a whole.

Resources

When asked what resources participants have that can be promoted, there were a number that were discovered through the attendee's answers. Some of those answers were: United Way's independent living



focus; the Curbside Chronicle; NewView's grant for serving aging people in southwest Oklahoma; the Oklahoma Supports web portal when it is launched; grants for nursing home improvement through the OSDH Civil Monetary Penalty program; the Oklahoma Certified Healthy program; OU College of Social Work's positive aging education track; TMF's Chronic kidney disease and COPD emergency education kits for providers and their education webinars; social media accounts; OSDH Injury prevention resources; Tai Chi Moving for Better Balance; STEADI Resources from the CDC; medication awareness; and cognitive behavioral therapy and group therapy sessions.

Successes

Participants also talked about what has worked best in their focus area. Evidence-based programming with appropriate levels of funding, using dissemination mechanisms that already exist, collaborating with purpose, and promoting materials that have already been developed and tested were the most agreed upon responses.

Strategies

The evidence-based strategies that are most interesting to participants were the STEADI Resources from the CDC, the BEERS list and other medication awareness strategies, cognitive behavioral therapy, and environmental assessments to prevent falls and increase physical activity.

Goals and Tactics

Attendees also agreed that the most important goals and tactics in day-to-day work serving older adults was access to providers, transportation, falls prevention, prescription drug overdose awareness and prevention, timely investigation of complaints, improved attitudes about working with older adults, more interaction with youth and older adults, decreased use of antipsychotics and benzos, leveraging limited resources, walkable communities, access to healthy foods, community clinical linkage, and working with vulnerable older adults with limited access to resources.

Plans for Action

Preventing Falls

The fall prevention focus area achieved the objectives set during the 2016 Summit. Referred to as phase one (April 2016-



December 2017), these action items were to define a logic model, develop an action plan, deepen partnership engagement, expand the network, and centralize fall prevention resources. Following discussion at the December business meeting, focus area contributors agreed that their attention for phase two would be on communication and dissemination.

This group's future efforts include implementing action items from the state plan, *Prevention Falls Among Older Adults in Oklahoma*, specifically to disseminate fall prevention messages to inform and empower older adults, their caregivers, and their communities. Suggested action items are to launch a communication campaign to advance efforts, promote fall prevention materials and evidence-based programs, and work with the Injury Prevention Service of the OSDH to better understand the circumstances of fall-related deaths.

Reducing Depression

The goal of the reducing depression workgroup is the early identification of older adults with depressive symptoms, followed by referral to appropriate treatment. The two core activities identified to achieve this goal are education and an effective method to screen older adults. The capacity of the existing workforce to identify older Oklahomans with depressive symptoms will be increased through trainings about depressive symptoms, treatment, and recovery. This will include Healthy Brain, Healthy Mind, which is a physical and mental health self-management program offered by the Oklahoma Healthy Aging Initiative (OHA).

Depression screening tools are effective in determining whether someone is experiencing symptoms (a depression screening is not a diagnosis). The use of screening tools will be integrated into older adult community settings, such as senior centers, assisted living centers, housing programs and aging programs. The workgroup will provide technical assistance to community site partners in the utilization, scoring and interpretation of the tools; provide technical assistance to partners in identifying local mental health resources, to include self-help and management programs, increased activities and mental health professionals; and provide technical assistance to partners requesting help in developing a protocol for referrals.

Supporting Healthy Behaviors

Efforts to support healthy behaviors have yielded grant funding to improve nutrition and informed prospective efforts to increase physical activity among older adults. Participants of this focus area agreed that an additional meeting would be necessary to review data sources, select achievable goals, and create a plan of action. Specific action items were discussed during the December business meeting. Ideas to move efforts forward included partnering with the Oklahoma Regional Food Bank, creating a physical activity fact sheet, and county-level data analysis of barriers to and incentives for supporting healthy behaviors. “Age Strong” is the working title this group assigned to an idea to promote increased physical activity among community dwelling older adults and the long term care population. This effort will provide a toolkit to help facilities increase physical activity among older adults.

Conclusion

The December business meeting brought key stakeholders together to strengthen the collective vision, critically analyze the progress to date, deepen existing relationships, and foster new collaborations. Together, participants envisioned the tactics and actions needed to achieve each focus area’s goals. A more detailed account of the business meeting is captured in the full report, which is posted online at www.healthyaging.health.ok.gov.



Business Meeting Participants

AARP Oklahoma
Area Agencies on Aging
Choctaw Nation Health System
Companion Health Services
NewView Oklahoma
Oklahoma City County Health Department
Oklahoma Department of Mental Health and Substance Abuse Services
Oklahoma Foundation for Medical Quality
Oklahoma Department of Human Services
Oklahoma Healthy Aging Initiative
Oklahoma Mental Health and Aging Coalition
Oklahoma State Council on Aging
Oklahoma State Department of Health
Oklahoma Suicide Prevention Council
Sunbeam Family Services
TMF Health Quality Institute
United Way of Central Oklahoma
University of Central Oklahoma, Kinesiology & Health Studies
University of Oklahoma
Willow Creek Health Care



Addendum of Achievements by Focus Area

At the 2016 Summit, Oklahoma Governor Mary Fallin challenged attendees to “develop collaborative plans that can be acted upon to improve health, not just to make a report that we put up on the shelf.” Since the summit, the focus areas worked to bring those collaborative action plans to fruition. The following section celebrates some of those achievements from each focus area.



Achievements of the Preventig Falls Workgroup

The fall prevention workgroup held four strategic planning sessions and worked in several smaller taskforce style groups to accomplish the following items in response to the 2016 Healthy Aging Summit. Together, those contributing to this focus area developed a logic model into the state plan, [Preventing Falls Among Older Adults in Oklahoma](#). Meanwhile, participants from both public and private sectors worked extensively to execute the action steps within the state plan. As a result of their hard work and dedication, the fall prevention workgroup developed and adopted a State Plan and implemented the following action items:

- Tracking and monitoring
 - Provide standardized tools for risk assessment and post-fall investigation and assist with the establishment of a statewide hospital emergency department discharge database.
- Policies and procedures
 - The need to centralize resources was identified and a taskforce was put together to create a [Falls Resources web portal](#).
- Public & Healthcare Provider education
 - Educational materials were developed by a taskforce, and the results were the [Talk About It root cause analysis guide and the Timed Up and Go \(TUG\) assessment](#) for families, communities, and healthcare providers.
 - Promotion of the evidence-based fall prevention program, [Tai Chi: Moving for Better Balance](#). This program is designed primarily for community-dwelling older adults and focuses on increasing the number of trained instructors and community classes.
 - Inclusion of older adults in the application criteria of the [Certified Healthy Oklahoma Program](#): a free, voluntary statewide certification.
- Provider/Prescriber resources

- Education for [nursing home fall prevention intervention](#) is provided at no cost to participating nursing homes.
- A [presentation on the prevalence of falls](#) among older adults and fall prevention strategies was created and can be modified as needed.

Achievements of the Reducing Depression Workgroup

The reducing depression workgroup is developing an action plan to achieve its objectives. Those objectives include identifying and developing partnerships with community sites; developing and providing staff training on depression and the use of screening tools; providing technical assistance to the site on identifying local mental health resources and a protocol for referrals; and promoting the *Healthy Brain, Healthy Minds* education program to improve physical and mental health. Additionally, some members of the workgroup serve as agency designees to advance the State Plan for Older Adult Behavioral Health. The 2016 collaborative action plan realized success in the following ways.

- Solidifying the support of leadership among Oklahoma’s state agencies through the adoption of a state plan and designation of staff to assist with implementation.
- The [Older Adult Behavioral Health State Plan \(BHSP\)](#) was adopted by ODMHSAS, OHCA, OSDH, and OKDHS. The BHSP commitments to action include screenings, suicide prevention, evidence-based programs, education, integration, cross-training and workforce development, and a comprehensive system of care for older adults.
- Centralizing resources: a recurrent theme from the 2016 Summit, the Oklahoma Mental Health and Aging Coalition (OMHAC) [revitalized their website to address this need](#).

Achievements of the Supporting Healthy Behaviors Workgroup

The focus areas of improving nutrition and increasing physical activity were separate focus areas until late 2017 when it was decided to merge them into a single work group for supporting healthy behaviors. Achievements include the following:

- Grant Projects: Oklahoma was awarded two grant projects that will begin in 2019 through the joint efforts of the Oklahoma Department of Human Services, and the [What A Waste \(WAW\) program](#) through the [National Foundation to End Senior Hunger](#).



- Message Framing: In the January 2018 edition of [American Fitness/Training Edge](#) magazine, Healthy Aging collaborating organization Oklahoma Methodist Manor and Healthy Aging participant Joe Carson was featured in an article titled “Changing Old-School Thinking on Senior Exercise.”

Focus Area Leaders

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